



16. thüringen ULTRA
Fröttstädt / 06.07.2024

Detailed evaluation

Silke Herrmann

Club: JA zur Liebe
Number: 83

Course: 100.00 km
100 Kilometer

Category:
Seniorinnen W45 (45-49)

Total time: 12:11:55

Speed: 8.20 km/h
Running performance: 7:19 min/km

Rank in course/Total: 37 (of 195)

Rank in course/Women: 6 (of 39)

Best time in course: 9:39:32

Rank in category: 2(of 6)

Best time in the category: 10:49:40

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Glasbachwiese | 27.00 | 3:05:37 | 6:52 | 2 | 18:32 | 5 | 18:32 | 27.00 | 3:05:37 | 6:52 | 2 | 18:32 | 5 | 18:32 |
| Floh-Seligenthal | 27.00 | 3:16:29 | 7:16 | 2 | 22:22 | 7 | 29:40 | 54.00 | 6:22:06 | 7:04 | 2 | 40:54 | 6 | 1:16:48 |
| Finsterbergen | 22.00 | 2:53:25 | 7:52 | 2 | 21:26 | 6 | 38:22 | 76.00 | 9:15:31 | 7:18 | 2 | 1:02:20 | 6 | 1:55:10 |
| Waltershausen | 19.00 | 2:24:43 | 7:37 | 2 | 14:54 | 7 | 31:01 | 95.00 | 11:40:14 | 7:22 | 2 | 1:17:14 | 6 | 2:26:11 |
| Fröttstädt | 5.00 | 31:41 | 6:20 | 2 | 5:01 | 8 | 7:55 | 100.00 | 12:11:55 | 7:19 | 2 | 1:22:15 | 6 | 2:32:23 |